


























GROUP FITNESS TIMETABLE






Current as of 05/12/ 22

30-minute class  Teens allowed 

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am		LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP			
8.00am						LES MILLS BODYPUMP 	
8.30am							
9.00am	LES MILLS BODYATTACK  	metafit  	LES MILLS GRIT SERIES  <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	meta PWR  	HIIT 		LES MILLS GRIT SERIES  <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>
	LES MILLS RPM  						
9.30am	LES MILLS 45 BODYPUMP 	C30 ⁴⁵	LES MILLS RPM  LES MILLS CORE 	LES MILLS 45 BODYPUMP 	LES MILLS CORE 		LES MILLS CORE 
10.00am					LES MILLS BODYBALANCE 		
10.30am	LES MILLS BODYBALANCE 	ZUMBA gold	MOVE IT	ZUMBA gold			
3–5.30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5.30pm			LES MILLS BODYATTACK 				
6.00pm	LES MILLS 45 BODYPUMP 	POUND					
6.30pm		LES MILLS RPM 	LES MILLS BODYBALANCE  				

GOLDEN PRYME TIMETABLE – Over 50's

Required To Bring Your Own Yoga Mat 

TIME	MON	TUE	WED	THU	FRI	SAT
8.00am						LES MILLS BODYPUMP 
9.00am					★ Strengthen n Lengthen	
9.30am	LES MILLS 45 BODYPUMP			LES MILLS 45 BODYPUMP		
10.00am					LES MILLS BODYBALANCE 	
10.30am	LES MILLS BODYBALANCE 	ZUMBA gold	MOVE IT	ZUMBA gold		
5.30pm						
6.00pm	LES MILLS 45 BODYPUMP	POUND				
6.30pm			LES MILLS BODYBALANCE  			

Gym Based Program – Health Consult Required 

Required To Bring Your Own Yoga Mat 

Serpentine Jarrahdale Community Recreation Centre

38 Mead Street, BYFORD WA 6122
 P: (08) 9550 6777
 E: sjcrc.enquiries@ymcawa.org.au
 W: www.sjrcr.ymcawa.org.au



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Serpentine
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GROUP FITNESS CLASS DESCRIPTIONS

LES MILLS BODYPUMP

Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetitions, gives you total body workout.

LES MILLS GRIT SERIES

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

30 minute HIIT workout designed to improve strength and build muscle. This workout uses barbells, weight plates and body weight.

meta PWR

30 minute functional training circuit class that combines resistance and body weight exercises to target and develop strength, power, agility and cardio fitness.

powertabata

High to low intensity timed circuit incorporating cardio, weights and resistance training.

Abs+Booty HIIT

Shape up and tone with high repetition based routines that will put your thighs, booty, tums and hips through their paces in a bid to turn down those areas we love to hate.

LES MILLS BODYBALANCE

Yoga based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

LES MILLS CORE

Core workout designed to build strength, stability and endurance in the muscles that support your core, including abdominals, glutes and back muscles.

HIIT

Combines traditional Bodyweight high intensity exercise with low intensity recovery periods. Suitable for all fitness levels. Great for fat burning, improving fitness, strength and metabolism.

metafit

30 minute bodyweight only, high intensity interval training workout pushing your body to the maximum and set your body on fat burning mode.

ZUMBA gold

Perfect for active older adults. Easy to follow Zumba choreography made to focus on balance, range of motion and coordination.

LES MILLS BODYATTACK

High energy class combined with athletic movements like running and jumping with strength exercises such as lunges, squats and push ups.

LES MILLS RPM

Indoor cycling that's low impact and burns loads of calories. Motivating music while cycling hill climbs, sprints and flat riding to increase your cardio fitness.

C30

30 minute circuit training class whilst using a variety of equipment or performing functional training exercises. Build strength while burning high calories.

MOVE IT

Low to medium intensity class designed to improve your balance, strength, stamina, flexibility and postural alignment whilst having fun.

Strengthen n Lengthen

Group gym session run by a personal trainer to give you strength training exercises to help build muscle, preserve bone density & reduce the risk of osteoporosis.

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